

DEEP BREATHING IS AN ESSENTIAL TO HER BEAUTY

How to breathe deeply seems to be a sealed mystery to most persons, and yet unless it is done one can be neither physically strong nor pretty.

Exercises, if taken every morning, by which the lungs are distended, will help to form the habit of deep breathing.

No amount of filling the lungs will be beneficial unless the air that is taken in is fresh. Therefore, if one is in town and the exercises cannot be done out of doors a window must be opened at the top, as well as at the bottom, and the room freshened before the work is begun.

While practicing these exercises it is best to wear a loose, heavy dressing gown that will be warm and not confining.

Before beginning it is necessary that one should stand properly. The lower part of the trunk must be held in, and only the lungs expanded.

For this the hands may be placed at the shoulders and then literally thrown out at the sides as far as they can be reached. The fists are doubled while doing this.

When these exercises are done ten times each the head is cleared, and one can resume the breathing exercises. Should any trace of dizziness remain it is best to sit down until it passes off entirely.

Items for the Housewife

Discolored cups and dishes used for baking can be made as new by rubbing into whitening.

When ironing, the best thing with which to rub the irons is a fairly large pad of folded brown paper.

Sour milk should be added to the water with which linoleum and oil-cloths are washed, and this will make them look new.

Melted butter is a very good substitute for olive oil in salad dressing.

When vegetables cook dry and scorch or burn, set the vessel at once in a little cold water, and they will taste very little, if any, of the scorching.

Constant blacking is likely to injure the leather of boots before very long, but this evil may be guarded against.

For disposing of frying-pans, etc., take an ordinary piece of wood the length of the side of the pan, and cut it into three inches wide and one inch thick.

Old stockings make excellent floor-polishers. Split open and sew two together, cutting off the feet if they are much darned.

To clean vegetable blinds, wash each lath separately with water, to which a little ammonia is added.

When parsley is not obtainable for garnishing use the tips from the celery, or finely-sliced outer leaves of Brussels sprouts.

Stole Styles

Stoles are being made shorter and broader.

Their square backs fall very low over the shoulders.

One stole shown was arranged in a most original way, with its double points falling in front and back of the arm in order to be attached beneath, if one wishes, and form a sort of Japanese sleeve.

How Are Your Ears

One asks not in levity. Rather is one very sincere.

Perhaps she bleaches them with peroxide of hydrogen.

Then, tell it not in Gath, she may give them a touch of pink paint.

Of course, the woman of the faring ear does not exist—she slept in bandages in her youth.

Edna Goodrich Soon to Wed Mine Operator From Nevada



MISS EDNA GOODRICH, Leading Woman of Nat Goodwin Companies, Who Will Marry Millionaire Mining Man.

Announcement of Engagement Great Surprise to Nat Goodwin.

NEW YORK, April 15.—Announcement was made in this city last night that Edna Goodrich, who during the last three years has been leading woman in the theatrical companies headed by N. C. Goodwin, is to be married on June 10 to James H. MacMillan, a mining operator of Nevada.

Miss Goodrich has retired from the stage, accompanied by her mother, she is now in Paris buying her trousseau. Her marriage to Mr. MacMillan will occur at the home of Mr. MacMillan's mother, in Berkeley, Cal.

News that Miss Goodrich is to be married and that she will act no more will be a surprise to N. C. Goodwin. Since he bought from her three years ago an interest in a play called "The Genius and the Model," in which Miss Goodrich and Henry Woodruff had appeared, and renaming it "The Genius," and went starring with Miss Goodrich

Fashion Accessories

Brown shoes are to be worn, with Cuban or high heel and slightly pointed toe; also shoes with contrasting tops, and especially with fancy-shaped tips.

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Pretty Corset Cover.

If you have any half-worn waists bring them to view and see if when the collars and yokes and sleeves are cut off they could not be made into corset covers.

Now she goes in deeply for ear culture.

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EVENING GOWNS OF RICH SILKS GAINING FAVOR

Dinner gowns made of rich brocaded silks of a texture almost as soft as that of Liberty satins are being worn by smart dressers.

The skirts of these gowns are made with long trains and are finished without other trimming than a band of lace at the hem, even this being frequently omitted.

The waist accompanying such a toilet is almost invariably of lace matching that on the skirt, with narrow bias folds of brocade, edged with gold or silver soutache, by way of garniture.

Following along these lines quite quietly, soft-draping satins at a moderate price, and these, with an absolutely difficult to obtain one of the expensive silks for their development.

It is possible to obtain one of the expensive silks for their development.

There is no more chance of my leaving the stage than there is of Miss Goodrich marrying a young man from Nevada. He asked her to marry him.

Mr. MacMillan is "the young man from Nevada" referred to by Mr. Goodwin. The latter did not know Mr. Goodwin more than six months his leading woman and Mr. MacMillan had been engaged to be married and that they had agreed to postpone the marriage ceremony till the end of the present theatrical season.

Mr. MacMillan, whose father was a lawyer in Nevada, has been in the mining business in Montana and Nevada for more than thirty years.

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Lucky Months for Weddings

The facts show that the spring is the favored time for weddings in this country, with Cupid's very busiest season coming along in June.

In Holland, however, May is considered the best month in the whole year for being married in, and May brides and bridegrooms look forward confidently to a happy future.

In Russia winter weddings are considered the luckiest, and picturesque "white" weddings in January (the best month of all for marriage, according to Slav belief) are the social events of St. Petersburg and Moscow.

About an eighth of the weddings in Scotland take place in June, the "month of roses," which is also first favorite as a marriage month among Swedish women.

February is the favorite month for weddings in Italy, and the popular time is just before Lent begins.

LOCAL MENTION.

The Extra Demand for Schneider's "Malt" Bread Proves Conclusively that the importance of providing the best for the family table is being more generally recognized every day.

One of the twenty-five kinds of crispy crusted pies baked by the Connecticut Pie Co.

We Will Open Our Eleventh Store At 3237 M St. N.W. Saturday, April 11

The Sanitary Grocery Co., 3237 M St. N.W. Saturday, April 11

New Jersey Resorts. ATLANTIC CITY. RALEIGH HOTEL.

GALEN HALL HOTEL AND RESTAURANT. ATLANTIC CITY, N. J.

HOTEL TRAYMORE, ATLANTIC CITY, N. J. Open Throughout the Year.

THE YORK HOTEL CO., 15th & P Sts. N.W.

BARE BRANCHES BLOSSOM INDOORS INTO PRETTY POSY

Bare twigs and branches seem about as unpromising as any material that one could imagine for a bouquet, but they really blossom out in the house to make a very beautiful winter "posy."

Any time now will do to gather the branches. Select those about two feet in length, and fairly large around.

Look at the branches sharply before cutting them, to make sure which ones will blossom best.

Take good sized glass fruit jars and fill them with water, putting in a small piece of charcoal to keep it sweet.

You will be surprised to see how quickly the stems drink up water, and you must not let the water get low, or your care will be lost.

It is said that pockets are to return with the fashions of the spring, but in spite of the rumor no one has ventured to foretell where these comforts to femininity will be placed.

Perhaps they will find a nesting place at the end of the long sash ends, so popular this year, or, again, there is a possibility that they may be sewn to the hem of the dress.

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Aids to the Figure

With thin dresses it is sometimes necessary to add a little to the lines of the figure, so the wise maid or matron who finds that when summer blouses are not becoming to her, she may wear a corset-cover with three ruffles down the front, and it is surprising how much difference this makes to the general appearance.

In summer, too, horseback riding is a popular sport, and for this it is almost necessary to have either a special make of corset or to omit them altogether and wear only bust forms, which nowadays are made in many attractive ways.

Some are of silk or satin heavily embroidered with lace, while others are more of a lingerie style, and are made of the finest mull, through which tiny ribbons are run.

A Prospect of Pockets

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—Photograph by the Palms Studio.

AM anxious that you notice the new stylish shape hat I am wearing to-day. It's not well adapted for a walking suit but then I wanted to show both the hat and suit at the same time.

My suit is a striped worsted Panama plain tailor made. The coat has strapped seams of biased goods. Skirt is gored and has a wide fold.

Another example of the quality suits in the \$24.50 lot at the Bon Marche, 314 and 316 Seventh Street.

Look for my next photograph.

Woodward & Lothrop New York—Washington—Paris

Easter Cards, Booklets and Novelties Main Floor, G Street.

Women's Stylish Easter Footwear

OUR stock comprises all the latest and most popular styles of the season, including Oxford's, 2-eyelot Court Ties, Garden Ties, Alexander Ties, Corinthian Ties, and Colonial Pumps, with bows and buckles, and in the most fashionable leathers—patent calfskin and kidskin, gun metal calfskin, tan russia calfskin, and the new golden brown kidskin.

- Tan and Black Suede 2-eyelot Alexander Ties, with Cuban heel and Goodyear welt sole; very attractive tie. Pair.....\$5.00
Tan and Gun Metal Calfskin Garden Ties, with Cuban heel and Goodyear welt sole; very neat and stylish. Pair.....\$5.00

SPECIAL.

Women's Gun Metal 2-eyelot Court Ties, with plain toe and Cuban heel, made on the new short vamp last. A very attractive and popular tie. \$3.00 a Pair. Value, \$3.50

Cowhide Suit Cases at the Manufacturer's Prices.

THOSE contemplating spending Easter out of town, or any one needing a suit case, will be interested in this sale. We closed these suit cases out from the maker at a decisive concession and are selling them for the same as we usually have to pay for them.

WOODWARD & LOTHROP

A Sewing Machine Should Be in Every Home. I am willing to make such a liberal offer, one that takes so little money to accept, that anyone can now have a guaranteed sewing machine for almost nothing.

1224 F Street Washington. A. F. Bornot & Bro. Cleaners and Dyers

From a Glove to a most elaborate Gown.

COKE IS MUCH IN USE. It is an economical and a satisfactory fuel. Always gives excellent results when used in the range for cooking. We'll supply you.

Washington Gaslight Co., 413 10th St. N. W.

Lansburgh & Bro. Dry Goods and Ready-to-Wear Articles. 420 to 426 7th St. Through to Eighth.

Victor Talking Machines on Easy Terms E. F. DROOP & SONS CO. 923-925 Pa. Ave.

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Our Showing Of Go-Carts

Is an exceptionally good one. We are showing over a hundred different patterns, so the choice is extremely wide. The qualities are above question—we unhesitatingly guarantee any one you may select.

If you like a neat Collapsible Cart, we have what we believe is the best on the market. It is exceedingly simple in action, requiring only one movement to open or close it, and, although very strong, it is unusually light.

We are always ready to arrange credit terms to suit you.

Peter Grogan, 817-819-821-823 Seventh St.

DIAMOND IMPORTERS A WATCH SPECIAL Ladies' Watch, with solid 14-k. gold case and high-class Waltham or Elgin movements. Special price.....\$16.50

R. HARRIS & CO., Cor. 7th and D Sts. N. W.

Golden Rod Hams and Bacon —are cured in an "epicured" liquor. This is mild, sweet, and piquant. Just enough of salt to balance them and—produce a palate-tempting flavor.

Golden @ Co. 928 La. Ave. Let us help you to rid your house of roaches, bed bugs, etc.

FEALY'S Bug Killer, pints 25c FEALY'S PHARMACY, 11th & Panza Ave. S.E. Phone or drop postal.

A. & P. Fresh Eggs for Easter Today's Price, Doz., 17c Standard Sugar, lb.....5 1/2c Full Cream Cheese, lb.....18c

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